

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently Amended) A sport-specific training and conditioning device for a sport using a hand-held implement having a grip portion, the device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends, and the device consisting essentially of a weight ~~on~~ positioned at the second end of the handle, the center of mass of the device is less than about 18 inches from the first end of the handle the handle having a circumference sized between about ten and about thirty percent larger than the grip portion of the hand-held implement wherein the positioning of the weight and the sizing of the circumference of the handle are configured to direct the effect of the weight in a concentrated manner to the forearms of the user.

1. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein ~~the~~ a center of mass of the device is less than about 13 inches from the first end of the handle.

2. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein ~~the~~ a center of mass of the device is ~~less than about 13~~

~~inches from the first end of the handle, but past the graspable portion of the handle~~
positioned within the weight.

4. (Original) The sport-specific training and conditioning device according to claim 1 wherein the weight has a diameter of less than about 4 inches.

5. (Original) The sport-specific training and conditioning device according to claim 1 wherein the weight has a length of less than about 4 inches.

6. (Original) The sport-specific training and conditioning device according to claim 1 wherein the device weights more than the hand-held implement used in the sport.

7. (Original) The sport-specific training and conditioning device according to claim 1 wherein one of the handle and weight includes an externally threaded portion, and wherein the other of the handle and weight includes an internally threaded socket.

8. (Original) The sport-specific training and conditioning device according to claim 7 wherein the handle includes an externally threaded portion and the weight includes an internally threaded socket.

9. (Original) The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a bat.

10. (Original) The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a racket.

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11. (Original) The sport-specific training and conditioning device according to claim 10 wherein the grip is shaped like the grip portion of a tennis racket.

12. (Original) The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a golf club.

13. (Original) The sport-specific training and conditioning device according to claim 1 wherein the handle is like the grip portion of a hockey stick.

14. (Original) The sport-specific training and conditioning device according to claim 1 wherein the handle is less than about 10 inches long.

15. (Currently Amended) A sport-specific training and conditioning device for a sport using a hand-held implement having a grip portion, the device comprising a handle shaped like ~~the~~ a grip portion of ~~the implement~~ a golf club, the handle having first and second ends ~~and being less than about 10 inches long~~, and the device consisting essentially of a weight ~~on~~ positioned at the second end of the handle, ~~the center of mass of the weight being less than about 13 inches long from the first end of the handle~~ the handle having a circumference sized between about ten and about thirty percent larger than the grip portion of the golf club wherein the positioning of the weight and the sizing of the circumference of the handle are configured to direct the effect of the weight in a concentrated manner to the forearms of the user.

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16. (Currently Amended) The sport-specific training and conditioning device according to claim 15 wherein ~~the~~ a center of mass of the device is ~~not located on the~~ handle positioned within the weight.

17. (Currently Amended) A method of training and conditioning for a sport that uses a hand-held implement having a grip portion, the method comprising grasping a device comprising a handle shaped like the grip portion of the implement, the handle having a first and second ends, and the device consisting essentially of a uniformly shaped weight ~~on~~ positioned at the second end of the handle, ~~the~~ a center of mass of the device being ~~less than about 13 inches from the first end of the handle~~ positioned within the uniform weight, the handle having a circumference sized between about ten and about thirty percent larger than the grip portion of the hand-held implement wherein the positioning of the weight and the sizing of the circumference of the handle are configured to direct the effect of the weight in a concentrated manner to the forearms of the user, and swinging the device to train and condition the ~~arms~~ forearms.